

Full Report (All Nutrients) 01295, Yogurt, vanilla, non-fat

Report Date: July 05, 2017 00:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (8 fl oz) 245g	1 container (8 oz) 227g	0.5 container (4 oz) 113g
Proximates							
Water	g	79.00	--	--	193.55	179.33	89.27
Energy	kcal	78	--	--	191	177	88
Energy	kJ	328	--	--	804	745	371
Protein	g	2.94	--	--	7.20	6.67	3.32
Total lipid (fat)	g	0.00	--	--	0.00	0.00	0.00
Ash	g	1.02	--	--	2.50	2.32	1.15
Carbohydrate, by difference	g	17.04	--	--	41.75	38.68	19.26
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	5.88	--	--	14.41	13.35	6.64
Minerals							
Calcium, Ca	mg	118	--	--	289	268	133
Iron, Fe	mg	0.00	--	--	0.00	0.00	0.00
Magnesium, Mg	mg	16	--	--	39	36	18
Phosphorus, P	mg	88	--	--	216	200	99
Potassium, K	mg	141	--	--	345	320	159
Sodium, Na	mg	47	--	--	115	107	53
Zinc, Zn	mg	0.83	--	--	2.03	1.88	0.94
Copper, Cu	mg	0.013	--	--	0.032	0.030	0.015
Manganese, Mn	mg	0.004	--	--	0.010	0.009	0.005
Selenium, Se	µg	4.9	--	--	12.0	11.1	5.5
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

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Thiamin	mg	0.042	--	--	0.103	0.095	0.047
Riboflavin	mg	0.200	--	--	0.490	0.454	0.226
Niacin	mg	0.107	--	--	0.262	0.243	0.121
Pantothenic acid	mg	0.552	--	--	1.352	1.253	0.624
Vitamin B-6	mg	0.045	--	--	0.110	0.102	0.051
Folate, total	µg	11	--	--	27	25	12
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	11	--	--	27	25	12
Folate, DFE	µg	11	--	--	27	25	12
Choline, total	mg	15.6	--	--	38.2	35.4	17.6
Vitamin B-12	µg	0.53	--	--	1.30	1.20	0.60
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	61	--	--	149	138	69
Retinol	µg	61	--	--	149	138	69
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	204	--	--	500	463	231
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02	0.02	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.9	--	--	2.2	2.0	1.0
Vitamin D	IU	35	--	--	86	79	40
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000	0.000
4:0	g	0.000	3	--	0.000	0.000	0.000
6:0	g	0.000	3	--	0.000	0.000	0.000
8:0	g	0.000	3	--	0.000	0.000	0.000
10:0	g	0.000	3	--	0.000	0.000	0.000
12:0	g	0.000	3	--	0.000	0.000	0.000
14:0	g	0.000	3	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (8 fl oz) 245g	1 container (8 oz) 227g	0.5 container (4 oz) 113g
16:0	g	0.000	3	--	0.000	0.000	0.000
18:0	g	0.000	3	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000	0.000
16:1 undifferentiated	g	0.000	3	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.000	3	--	0.000	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000	0.000
18:2 undifferentiated	g	0.000	3	--	0.000	0.000	0.000
18:3 undifferentiated	g	0.000	3	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	3	--	--	7	7	3
Amino Acids							
Tryptophan	g	0.028	--	--	0.069	0.064	0.032
Threonine	g	0.202	--	--	0.495	0.459	0.228
Isoleucine	g	0.269	--	--	0.659	0.611	0.304
Leucine	g	0.497	--	--	1.218	1.128	0.562
Lysine	g	0.442	--	--	1.083	1.003	0.499
Methionine	g	0.145	--	--	0.355	0.329	0.164
Cystine	g	0.045	--	--	0.110	0.102	0.051
Phenylalanine	g	0.269	--	--	0.659	0.611	0.304
Tyrosine	g	0.249	--	--	0.610	0.565	0.281
Valine	g	0.408	--	--	1.000	0.926	0.461
Arginine	g	0.148	--	--	0.363	0.336	0.167
Histidine	g	0.122	--	--	0.299	0.277	0.138
Alanine	g	0.211	--	--	0.517	0.479	0.238
Aspartic acid	g	0.391	--	--	0.958	0.888	0.442
Glutamic acid	g	0.965	--	--	2.364	2.191	1.090
Glycine	g	0.119	--	--	0.292	0.270	0.134

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (8 fl oz) 245g	1 container (8 oz) 227g	0.5 container (4 oz) 113g
Proline	g	0.584	--	--	1.431	1.326	0.660
Serine	g	0.305	--	--	0.747	0.692	0.345
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0